

1 in 5 teens have abused prescription medications
1 in 10 teens have abused over-the-counter-medications

Too many young people, often times typically developing teens who are “experimenting”, have died because of prescription and over-the-counter (OTC) drug abuse.

Prescription drug abuse is on the rise among young people. The consequences of this epidemic, to both our families and communities, are devastating. The misuse of painkillers, sedatives, and stimulants, as well as OTC cough/cold medicine, results in serious health risks including addiction and death.



According to the Partnership For A Drug Free America, young people who would normally experiment with alcohol or marijuana think that what is found in their home is safer than street drugs. Most parents do not think that their teen is vulnerable to RX/OTC abuse.

Safe habits in handling prescription and over-the-counter (OTC) medications is critical to fighting prescription drug abuse. More than half of young people who misuse prescription drugs get them from a friend or family member – from us. Parents, grandparents – all of us – need to be more aware of these dangers, and to follow three simple steps:

CHECK

Check what you have, and keep careful track of quantities and expiration dates.

LOCK

If you need to keep medicines in your home, keep them under lock and key.

DISPOSE

Responsibly dispose of unused and unwanted prescriptions (do not flush, due to environmental concerns). For medications that **cannot** be taken back to a pharmacy or other disposal site, the Unwanted Medicine Return Program recommends taking the following steps:

1. Keep the medication in its original container.
2. Modify the medications to discourage consumption by dissolving them in a small amount of water and mixing them with kitty litter, coffee grounds, or sawdust.
3. Tape the container closed and place in a sealable bag, then in a non-transparent container.
4. Discard the container in the garbage (not the recycling bin), away from kids or pets.

For more details go to: www.medicinereturn.com

www.samafoundation.org/prescription.html

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